

## Statistics Report 01029, Cheese, mozzarella, low moisture, part-skim

Report Date: September 14, 2015 18:13 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water <sup>1 2</sup>	g	45.54	--	0.269	42.14	47.54	5.0	44.842	46.233	2	Analytical or derived from analytical	--	08/2014
Energy	kcal	301	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2014
Energy	kJ	1260	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2014
Protein <sup>1 2</sup>	g	24.58	--	0.310	21.56	26.18	5.0	23.791	25.37	2	Analytical or derived from analytical	--	08/2014
Total lipid (fat) <sup>1</sup>	g	19.72	--	0.364	17.78	21.58	6.0	18.834	20.611	1	Analytical or derived from analytical	--	08/2014
Ash <sup>1 2</sup>	g	3.80	--	0.069	3	4.15	5.0	3.625	3.972	2	Analytical or derived from analytical	--	08/2014
Carbohydrate, by difference	g	6.36	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2014
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	08/2014
Sugars, total <sup>1</sup>	g	2.24	--	--	0.99	2.33	--	--	--	1	Analytical or derived from analytical	--	08/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose <a href="#">1</a>	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2014
Glucose (dextrose) <a href="#">1</a>	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2014
Fructose <a href="#">1</a>	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2014
Lactose <a href="#">1</a>	g	1.45	--	--	0.18	1.6	--	--	--	1	Analytical or derived from analytical	--	05/2014
Maltose <a href="#">1</a>	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2014
Galactose <a href="#">1</a>	g	0.75	--	--	0.73	1.03	--	--	--	1	Analytical or derived from analytical	--	05/2014
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a>	mg	716	--	16.248	638	862	6.0	676.374	755.309	1	Analytical or derived from analytical	--	08/2014
Iron, Fe <a href="#">1</a>	mg	0.23	--	0.031	0.16	0.43	6.0	0.155	0.307	1	Analytical or derived from analytical	--	08/2014
Magnesium, Mg <a href="#">1</a>	mg	29	--	1.040	24	34	6.0	26.09	31.15	1	Analytical or derived from analytical	--	08/2014
Phosphorus, P <a href="#">1</a>	mg	537	--	12.611	443	603	6.0	506.049	567.538	1	Analytical or derived from analytical	--	08/2014

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K <sup>1</sup>	mg	131	--	6.751	62	163	6.0	114.109	147.018	1	Analytical or derived from analytical	--	08/2014
Sodium, Na <sup>1</sup>	mg	682	--	24.176	549	799	6.0	623.162	741.105	1	Analytical or derived from analytical	--	08/2014
Zinc, Zn <sup>1</sup>	mg	3.61	--	0.081	3.19	3.94	6.0	3.416	3.81	1	Analytical or derived from analytical	--	08/2014
Copper, Cu <sup>1</sup>	mg	0.034	--	0.001	0.02	0.06	6.0	0.03	0.037	1	Analytical or derived from analytical	--	08/2014
Manganese, Mn <sup>1</sup>	mg	0.041	--	0.004	0.03	0.06	6.0	0.031	0.051	1	Analytical or derived from analytical	--	08/2014
Selenium, Se <sup>1</sup>	µg	26.8	--	1.077	24.7	33.4	2.0	22.365	31.299	1	Analytical or derived from analytical	--	08/2014
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	08/2014
Thiamin <sup>1 2</sup>	mg	0.059	--	0.010	0.01	0.11	1.0	-0.07	0.189	2	Analytical or derived from analytical	--	08/2014
Riboflavin <sup>1 2</sup>	mg	0.348	--	0.022	0.27	0.45	3.0	0.278	0.418	2	Analytical or derived from analytical	--	08/2014

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin <a href="#">1</a> <a href="#">2</a>	mg	0.144	--	0.020	0.09	0.24	2.0	0.058	0.23	2	Analytical or derived from analytical	--	08/2014
Pantothenic acid <a href="#">1</a> <a href="#">2</a>	mg	0.415	--	0.007	0.32	0.55	1.0	0.334	0.496	2	Analytical or derived from analytical	--	08/2014
Vitamin B-6 <a href="#">1</a>	mg	0.111	--	0.001	0.09	0.12	2.0	0.105	0.116	1	Analytical or derived from analytical	--	08/2014
Folate, total <a href="#">1</a>	μg	27	--	1.616	24	30	1.0	10.458	42.793	1	Analytical or derived from analytical	--	08/2014
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	27	--	1.616	24	30	1.0	10.458	42.793	1	Analytical or derived from analytical	--	08/2014
Folate, DFE	μg	27	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2014
Choline, total <a href="#">2</a>	mg	14.2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Betaine <a href="#">2</a>	mg	0.7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin B-12 <a href="#">1</a> <a href="#">2</a>	μg	1.82	--	0.139	0.75	2.36	2.0	1.252	2.39	2	Analytical or derived from analytical	--	08/2014
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	254	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2014
Retinol <sup>1</sup>	µg	254	--	--	168	264	--	--	--	1	Analytical or derived from analytical	--	08/2014
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/2014
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin A, IU	IU	846	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2014
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin E (alpha-tocopherol) <sup>1 2</sup>	mg	0.43	--	0.034	0.31	0.59	1.0	0.152	0.708	2	Analytical or derived from analytical	--	08/2014
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta <sup>1 2</sup>	mg	0.00	--	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	01/2003
Tocopherol, gamma <sup>1 2</sup>	mg	0.05	--	0.029	0	0.25	1.0	-0.208	0.314	2	Analytical or derived from analytical	--	08/2014
Tocopherol, delta <sup>1 2</sup>	mg	0.00	--	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin D (D2 + D3)	µg	0.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2014
Vitamin D3 (cholecalciferol)	µg	0.4	--	--	--	--	--	--	--	--	Calculated or imputed	01009	02/2009
Vitamin D	IU	15	--	--	--	--	--	--	--	--	Calculated or imputed	01009	02/2009
Vitamin K (phylloquinone) <sup>1,2</sup>	µg	1.3	--	0.226	1	1.5	1.0	-1.622	4.122	2	Analytical or derived from analytical	--	01/2003
<b>Lipids</b>													
Fatty acids, total saturated	g	11.473	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2014
4:0 <sup>1</sup>	g	0.396	--	0.004	0.37	0.43	6.0	0.386	0.405	1	Analytical or derived from analytical	--	08/2014
6:0 <sup>1</sup>	g	0.335	--	0.003	0.32	0.38	6.0	0.327	0.343	1	Analytical or derived from analytical	--	08/2014
8:0 <sup>1</sup>	g	0.209	--	0.003	0.2	0.24	6.0	0.202	0.217	1	Analytical or derived from analytical	--	08/2014
10:0 <sup>1</sup>	g	0.503	--	0.010	0.46	0.6	6.0	0.479	0.526	1	Analytical or derived from analytical	--	08/2014
12:0 <sup>1</sup>	g	0.573	--	0.013	0.52	0.68	6.0	0.542	0.604	1	Analytical or derived from analytical	--	08/2014
14:0 <sup>1</sup>	g	1.842	--	0.030	1.74	2.12	6.0	1.77	1.914	1	Analytical or derived from analytical	--	08/2014
15:0 <sup>1</sup>	g	0.192	--	0.003	0.18	0.22	6.0	0.185	0.199	1	Analytical or derived from analytical	--	05/2014

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0 <a href="#">1</a>	g	5.201	--	0.067	4.93	5.89	6.0	5.038	5.365	1	Analytical or derived from analytical	--	08/2014
17:0 <a href="#">1</a>	g	0.116	--	0.002	0.1	0.13	6.0	0.111	0.12	1	Analytical or derived from analytical	--	05/2014
18:0 <a href="#">1</a>	g	2.066	--	0.058	1.84	2.31	6.0	1.924	2.209	1	Analytical or derived from analytical	--	08/2014
20:0 <a href="#">1</a>	g	0.028	--	0.001	0.02	0.03	6.0	0.026	0.03	1	Analytical or derived from analytical	--	05/2014
22:0 <a href="#">1</a>	g	0.007	--	0.000	0.01	0.01	6.0	0.007	0.008	1	Analytical or derived from analytical	--	05/2014
24:0 <a href="#">1</a>	g	0.005	--	0.000	0	0.01	6.0	0.004	0.005	1	Analytical or derived from analytical	--	05/2014
Fatty acids, total monounsaturated	g	5.104	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2014
14:1 <a href="#">1</a>	g	0.181	--	0.006	0.16	0.23	6.0	0.167	0.195	1	Analytical or derived from analytical	--	05/2014
15:1 <a href="#">1</a>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2014
16:1 undifferentiated <a href="#">1</a>	g	0.292	--	0.013	0.22	0.36	6.0	0.26	0.324	1	Analytical or derived from analytical	--	08/2014

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 c <sup>1</sup>	g	0.238	--	0.008	0.21	0.3	6.0	0.219	0.257	1	Analytical or derived from analytical	--	05/2014
16:1 t <sup>1</sup>	g	0.054	--	0.007	0	0.07	6.0	0.036	0.072	1	Analytical or derived from analytical	--	05/2014
17:1 <sup>1</sup>	g	0.037	--	0.001	0.03	0.04	6.0	0.034	0.039	1	Analytical or derived from analytical	--	05/2014
18:1 undifferentiated <sup>1</sup>	g	4.558	--	0.062	4.27	4.83	6.0	4.407	4.71	1	Analytical or derived from analytical	--	08/2014
18:1 c <sup>1</sup>	g	4.043	--	0.050	3.83	4.27	6.0	3.921	4.166	1	Analytical or derived from analytical	--	05/2014
18:1 t <sup>1</sup>	g	0.515	--	0.014	0.45	0.56	6.0	0.481	0.549	1	Analytical or derived from analytical	--	05/2014
20:1 <sup>1</sup>	g	0.036	--	0.001	0.03	0.04	6.0	0.034	0.039	1	Analytical or derived from analytical	--	08/2014
22:1 undifferentiated <sup>1</sup>	g	0.000	--	0.000	0	0	6.0	--	--	1	Analytical or derived from analytical	--	02/2009
22:1 c <sup>1</sup>	g	0.000	--	0.000	0	0	6.0	--	--	1	Analytical or derived from analytical	--	05/2014
22:1 t <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
24:1 c <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2014
Fatty acids, total polyunsaturated	g	0.861	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2014
18:2 undifferentiated <sup>1</sup>	g	0.706	--	0.013	0.65	0.74	6.0	0.675	0.738	1	Analytical or derived from analytical	--	08/2014
18:2 n-6 c,c <sup>1</sup>	g	0.471	--	0.012	0.42	0.52	6.0	0.441	0.501	1	Analytical or derived from analytical	--	05/2014
18:2 CLAs <sup>1</sup>	g	0.097	--	0.002	0.09	0.11	6.0	0.094	0.101	1	Analytical or derived from analytical	--	05/2014
18:2 t not further defined <sup>1</sup>	g	0.138	--	0.002	0.13	0.16	6.0	0.133	0.143	1	Analytical or derived from analytical	--	05/2014
18:3 undifferentiated <sup>1</sup>	g	0.076	--	0.004	0.06	0.1	6.0	0.066	0.085	1	Analytical or derived from analytical	--	08/2014
18:3 n-3 c,c,c (ALA) <sup>1</sup>	g	0.073	--	0.004	0.06	0.1	6.0	0.064	0.083	1	Analytical or derived from analytical	--	05/2014
18:3 n-6 c,c,c <sup>1</sup>	g	0.000	--	0.000	0	0	6.0	--	--	1	Analytical or derived from analytical	--	05/2014
18:3i <sup>1</sup>	g	0.002	--	0.000	0	0	6.0	0.002	0.002	1	Analytical or derived from analytical	--	05/2014

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:4 <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2009
20:2 n-6 c,c <sup>1</sup>	g	0.005	--	0.000	0	0	6.0	0.004	0.005	1	Analytical or derived from analytical	--	05/2014
20:3 undifferentiated <sup>1</sup>	g	0.022	--	0.001	0.02	0.03	6.0	0.019	0.024	1	Analytical or derived from analytical	--	05/2014
20:3 n-6 <sup>1</sup>	g	0.021	--	0.001	0.02	0.02	6.0	0.019	0.023	1	Analytical or derived from analytical	--	05/2014
20:4 undifferentiated <sup>1</sup>	g	0.030	--	0.002	0.02	0.04	6.0	0.026	0.035	1	Analytical or derived from analytical	--	08/2014
20:5 n-3 (EPA) <sup>1</sup>	g	0.006	--	0.000	0	0.01	6.0	0.005	0.007	1	Analytical or derived from analytical	--	08/2014
22:4 <sup>1</sup>	g	0.006	--	0.000	0	0.01	6.0	0.005	0.007	1	Analytical or derived from analytical	--	05/2014
22:5 n-3 (DPA) <sup>1</sup>	g	0.011	--	0.000	0.01	0.02	6.0	0.01	0.012	1	Analytical or derived from analytical	--	08/2014
22:6 n-3 (DHA) <sup>1</sup>	g	0.000	--	0.000	0	0	4.0	--	--	1	Analytical or derived from analytical	--	02/2009
Fatty acids, total trans	g	0.709	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Fatty acids, total trans-monoenoic	g	0.569	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cholesterol <a href="#">1</a>	mg	65	--	1.414	63	68	2.0	59.097	71.218	1	Analytical or derived from analytical	--	08/2014
<b>Amino Acids</b>													
Tryptophan <a href="#">2</a>	g	0.571	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2014
Threonine <a href="#">2</a>	g	1.090	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2014
Isoleucine <a href="#">2</a>	g	1.259	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2014
Leucine <a href="#">2</a>	g	2.024	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2014
Lysine <a href="#">2</a>	g	1.070	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2014
Methionine <a href="#">2</a>	g	0.571	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2014
Cystine <a href="#">2</a>	g	0.128	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2014
Phenylalanine <a href="#">2</a>	g	1.121	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2014
Tyrosine <a href="#">2</a>	g	1.156	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Valine <sup>2</sup>	g	1.465	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2014
Arginine <sup>2</sup>	g	0.571	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2014
Histidine <sup>2</sup>	g	0.571	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2014
Alanine <sup>2</sup>	g	0.784	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2014
Aspartic acid <sup>2</sup>	g	1.810	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2014
Glutamic acid <sup>2</sup>	g	4.943	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2014
Glycine <sup>2</sup>	g	0.571	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2014
Proline <sup>2</sup>	g	2.607	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2014
Serine <sup>2</sup>	g	0.814	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2014
Hydroxyproline <sup>2</sup>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2014

## Other

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003

Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 17e, 2013 Beltsville MD

<sup>2</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 4c, 2001 Beltsville MD